



Your
Merfect
Shape

Feel FINtastic
\$338 usd

Mer Fitness

★ 8-Week Program ~ \$175 usd

- 24 Water Work-out Sessions
- Freediving Mer Breathwork Guide
- Intro, Follow-Up, and Finishing Calls

★ Additional Drops ~ \$35 each or 4 x \$100

- Skill Evaluation via Video
- Customized Land Session Live!

★ Feel FINtastic Package ~ \$338

- 24 Water Work-out Sessions
- Freediving Mer Breathwork Guide
- 4 Land Sessions - Live!
- 4 Additional Drops

cel: +52-987-112-3907
julie@mermaidcozumel.com



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Just Breathe
...or not

Freediving Mer

As Mer Folk, we want to purposefully train for longer breath-holds to facilitate our artistic expression underwater, and create the illusion of a truly aquatic being.

Allow me to be your guide, and put my competitive freediving background to use for YoU as we methodically train the body to be best-prepared for your mermaiding activity ~ whether it be for fun or as a pro mer.

During this 8-week program of focused breath-hold practice on land and underwater, you will build a strong foundation for comfortable mermaid swimming that will allow you to dive even deeper into your inner mer!



NEVER MERMAID ALONE!

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Isn't it ALWAYS a good idea to prioritize your mermaid way of living? This package is the best value, AND gives you the merfect excuse to spend a little more time in your mer world.

We will connect more often to nurture deeper results, which means you receive a more personalized program; and as a team we decide what will be the most effective approach for your Mer Fitness.

During the 8-weeks, I'll be your coach and #1 cheerleader as we work together toward your goals for feeling FINtastic on land and in the water ~ I'll make the game plan, you just bring your tail !



HAVE NO FEAR TO DIVE DEEP!

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